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If you share in Monroe's vision, please consider a gift to support Monroe's research, new programs, our Expand meditation app or scholarships. Together, we are making a positive impact in the lives of so many seeking to find joy and meaning through self-discovery.

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Support Monroe's Vision for the Future



Transitioning Sleep Paralysis into an Out-of-Body Experience (OBE)

Although many ancient cultures value out-of-body experiences (OBEs) as authentic mystical experiences, modern Western society commonly dismisses them as imaginary or pathological, discouraging their objective discussion and exploration. As a result, most Westerners lack the understanding and skills needed to consciously shift into the out-of-body state – I certainly did. Sometimes, however, the right conditions and synchronicities can lead us to this transformational experience. When I was 19 years old, I began to have bouts of sleep paralysis. I would wake up, fully conscious and aware, but be unable to move my body. Invariably, the paralysis struck at night when the room was dark, still and quiet. It felt eerie and I admittedly was terrified. [Read More](#)



Learning to React With Grace: A Lesson in Fluidity

For someone like me, someone who has Obsessive Compulsive Disorder (OCD), it can be very difficult to learn the lesson of fluidity. “Going with the flow” takes real skills, and not everyone can easily sit back and watch life happen around them without trying to control it. Regardless, living takes a balance, and while it is important to get involved and take the reins of your own life from time to time, there are also times you must listen to the universe, trust that everything that is supposed to come to you will come to you and gracefully and fluidly “go with the flow.” This lesson was eloquently presented to me during my Exploration 27 ... and I'd love to share it with you in hopes that it may help you the way it helped me. [Read More](#)

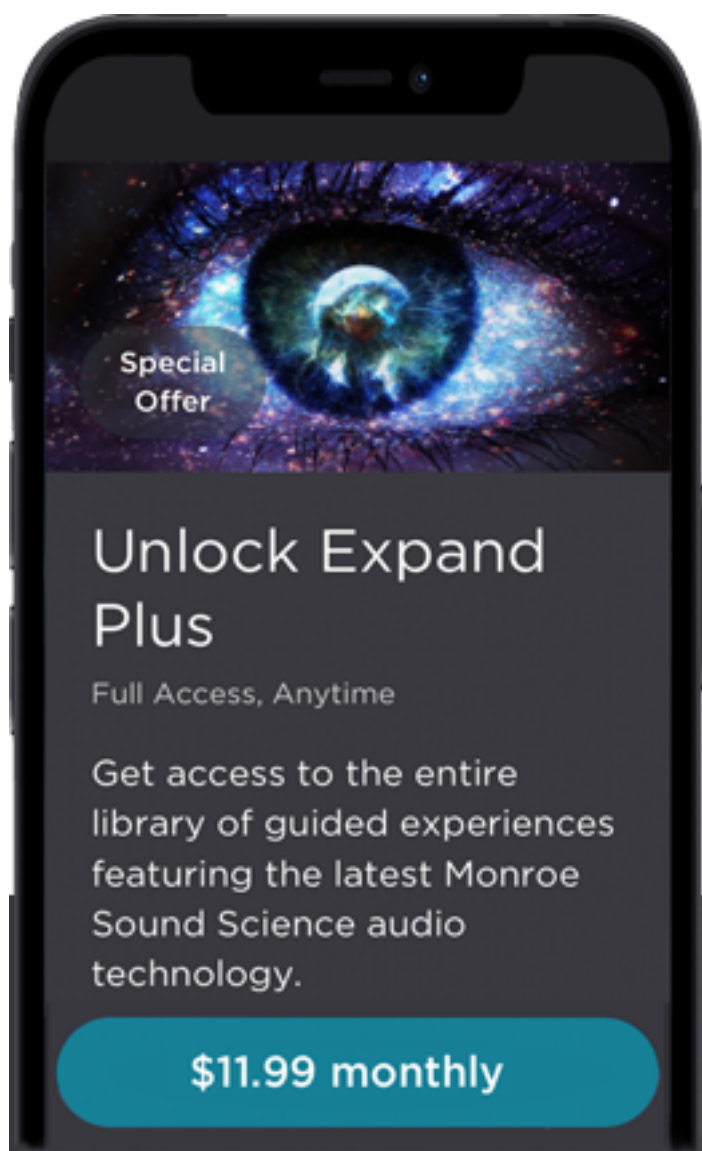
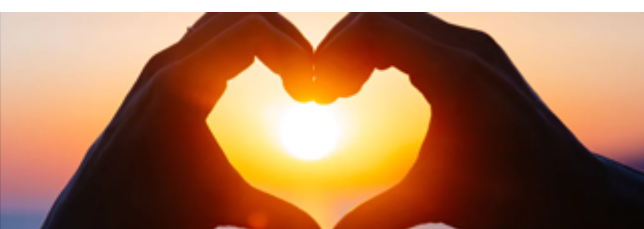


Release your attachment to fear-based beliefs and manifest your life's desires with focused heart energy.

Heartline

RESIDENTIAL
RETREAT

Sept.
17-23



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Checking in with Your Guidance and Taking the Time to Listen

If there's one thing that I've learned in my years of meditation, it's that if you trust the universe, it will provide you with what you need when you need it. We can't always predict what's to come, and there are more than a few factors that are constantly out of our hands. However, with gratitude and trust we can be assured that our guidance will provide us with what we need at the right time. It helps to stop and reach out from time to time, asking to receive any messages from guidance. Being open to receiving messages from guidance is important, however, you don't want to walk around wide open all the time. [Read More](#)



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